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My

CFAY

Volume 8, Issue 34

Weekly

週刊

Sept. 4, 2025

YOKOSUKA FRIENDSHIP DAY

SAVE THE DATE

Sunday, October 5
Gates Open • 10 a.m.



Fireworks
@ 5:55 p.m.



Ship Visit • Live Entertainment • Food • Games



IN THIS
ISSUE:

September is National
Preparedness Month

MWR Events

Beyond the Gate

AROUND CFAY

September is National Preparedness Month (NPM)



By CFAY Public Affairs

September is National Preparedness Month (NPM) at Commander, Fleet Activities Yokosuka (CFAY).

According to Ready.gov, NPM has been observed every September since 2004, when FEMA's Ready Campaign launched the initiative to encourage Americans to prepare for emergencies. This year's theme, "Preparedness Starts at Home," underscores that readiness begins with individual and family action.

The 2025 campaign focuses on getting back to preparedness basics: know your risk, make a plan, build a kit and get involved. "Know your risk" means learning about the types of disasters that could happen in your area and how to respond. CFAY personnel in Japan face seasonal typhoon threats from summer into fall, and the country's frequent earthquakes can strike without warning and sometimes cause severe damage. Make a plan refers to developing a family emergency plan. Planning ahead of time helps reduce stress and can even save time and money in a crisis.

Families are also urged to build an emergency supply kit stocked with essentials to sustain everyone for at least a few days.

Ready Navy's official website (<https://www.ready.navy.mil/>) provides the basics for any emergency kit.

Some recommendations to start an emergency kit include having at least three days of non-perishable food, a gallon of water per person per day, flashlights, batteries, a radio, cash in a waterproof bag, as well as critical medications and pet supplies.

"In an emergency situation, everything is moving fast and things can get overwhelming quickly," said Stephanie Soliz, the regional program specialist at American Red Cross Yokosuka. "Having a go-bag prepared can really help."

Soliz also encourages Sailors to fill out an American Red Cross Contact Card before deploying in case their families on land need to reach out in an emergency.

She recommends Sailors write down their information exactly as the Red Cross will ask for it – with all of the military acronyms and unit identification codes – and take a photo of it to give to their family.

"It's hard to remember all of that information even on normal days when there's no emergency," Soliz said.

Base community members not sure where to start can look to the CFAY Fleet and Family Support Center (FFSC). CFAY FFSC offers classes for Emergency Preparedness, budgeting for emergencies, and even how to fill out the United States Forces Japan (USFJ) Emergency Evacuation Program (EEP) packet.

The EEP packet is a requirement for all SOFA-sponsored personnel to have completed, submitted and held on file with each unit's designated Command EEP Warden.

"The EEP also provides peace of mind," said Reggie Toledo, CFAY's Emergency Management Officer. "If the order ever occurs, military families will be safely relocated and their property protected."

The EEP is available on the Commander, Navy Region Japan website here: <https://cnrj.cnmc.navy.mil/Operations-and-Management/Emergency-Management/>.

The final step is to get involved in community preparedness. Even simple actions, like learning basic first aid or CPR, can make a difference when professional responders are delayed. Yokosuka's branch of the American Red Cross offers classes frequently for a small fee with the next CPR/AED/First Aid Course scheduled Sept. 15

For more information, please visit <https://www.ready.navy.mil/>.

Local information is available on the official CFAY website here: <https://cnrj.cnmc.navy.mil/Installations/CFA-Yokosuka/Operations-and-Management/Emergency-Management/>.

For more than 80 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.



TCCOR

DEFINITIONS
RESPONSES
GUIDELINES

TCCOR 4
DESTRUCTIVE WINDS
POSSIBLE WITHIN
72 hours



STOCK UP

- water
- food
- supplies

TCCOR 3
DESTRUCTIVE WINDS
POSSIBLE WITHIN
48 hours



CONDUCT
general clean up

CHECK
emergency kits
and fuel

TCCOR 2
DESTRUCTIVE WINDS
POSSIBLE WITHIN
24 hours



SECURE
outside items



TCCOR 1
DESTRUCTIVE WINDS
ANTICIPATED WITHIN
12 hours



All nonessential activities **SHOULD** be discontinued. Commanders may curtail activities. DODEA close

FINAL CHECK
food and emergency supplies

TCCOR 1
EMERGENCY

DESTRUCTIVE WINDS ARE OCCURRING



All but emergency personnel remain in quarters.

DODEA
REMAIN CLOSED

TCCOR 1
RECOVERY



Destructive winds are no longer occurring or forecasted to occur but hazards may exist from typhoon aftermath. Nonessential functions remain closed, until All Clear is established. All but emergency personnel remain in quarters.

DODEA
REMAIN CLOSED

TCCOR
STORM WATCH



High winds may include gusts exceeding 50 knots and/or sustained winds meeting TCCOR-1 C criteria. The storm is also close enough to the area that a heightened alert status is necessary in order to rapidly establish elevated TCCOR conditions.

Nonessential functions remain closed, until All Clear is established. All but emergency personnel remain in quarters.

DODEA
REMAIN CLOSED

TCCOR
ALL CLEAR

THE STORM IS OVER

The storm is over and not forecasted to return and recovery efforts are complete.



RESUME
normal activities

BEGIN
general clean up

CPR Training, Basic Life Support, Baby Sitting Basics, and Mindful Movement

CPR/AED/First Aid Course (\$18)

- Monday Sept. 15, 9 a.m. to 12 p.m.
- Thursday Sept. 25, 1 to 4 p.m.

Basic Life Support (\$12)

- Wednesday, Sept. 17, 8:30 to 11:30 a.m.

Baby Sitting Basics (\$15)

- Saturday Sept. 13, 9 a.m. to 1 p.m.
- Sunday Sept. 14, 9 a.m. to 1 p.m.

Mindful Movement - Family and Adult only class (Free class. No referral needed)

Learn movement, breathing and relaxation techniques.

- Email your class request at least two weeks in advance. Yokosuka@redcross.org

Classes may be added based on community need and instructor availability.

All classes are Blended Learning Courses with an online and an instructor led classroom skills session. To register, email: Yokosuka@redcross.org with the class and preferred date/time. You will receive a payment link and be asked to send your receipt in order to guarantee a spot in the course. Enroll today!



**American
Red Cross**

EMERGENCY NOTIFICATION REGISTRATION

CFAY AND LOCAL city governments all provide emergency notification systems for severe weather, natural disasters. CFAY uses the AtHoc Emergency Notification System. Sponsors may register themselves and their dependents to receive emergency notifications from CFAY through email, phone calls, text messaging, or app. For more information or to register, please visit the CFAY Emergency Management Department webpage for AtHoc or the local city government most applicable to you.

COMMANDER, FLEET ACTIVITIES YOKOSUKA



<https://enrj.cnic.navy.mil/installation/CFAY-Yokosuka/Operations-and-Management/Emergency-Management/AtHoc-Notification-System/>

CITY OF YOKOSUKA



https://www.city.yokosuka.kanagawa.jp/0525/housainavi/konae/jouhou/documents/housaiyoushou_mail_english.pdf

CITY OF ZUSHI



<https://www.city.zushi.kanagawa.jp/tourist/housai/1000406/000618.html>

CITY OF YOKOHAMA



<https://www.city.yokohama.lg.jp/lang/residents/en/emergencies/saigaihesanaru.html>

TOWN OF HAYAMA



<https://www.town.hayama.lg.jp/soohiki/housai/naen/2/4/1664.html>

CITY OF KAMAKURA



<https://www.city.kamakura.kanagawa.jp/sougo/housai/haishin0001.html>

CITY OF MIURA



https://miura-city.site.kaiwork.jp/?page_id=13

USFJ Emergency Evacuation Program (EEP)

USFJ MANDATES ALL SOFA-sponsored personnel to complete the Emergency Evacuation Program packet upon reporting to Japan and submit to their Command EEP Warden. This packet can be found on the Commander, Navy Region Japan website: <https://enrj.cnic.navy.mil/Operations-and-Management/Emergency-Management/>. For more information, please contact your Command EEP Warden.

SUICIDE PREVENTION TRAINING FOR ALL HANDS



VIRTUAL

• 10 SEP 2:30 P.M.

<https://dod.teams.microsoft.us/SuicidePreventionTraining>

Meeting ID: 993 940 033 117

Passcode: jr9fh7y5

Contact FFSCINFO@us.navy.mil or 046-816-3372 for more information.



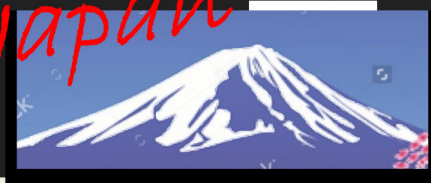
*** IT IS THE RESPONSIBILITY OF EACH
COMMAND TO TRACK AND MAINTAIN ITS
OWN ATTENDANCE ROSTER. ***



CREDO

KOREA — GUAM — SINGAPORE — DIEGO GARCIA

Japan



Wilderness Personal Growth Retreat

Dates:
9/16 – 9/21

Per military instruction,
personal leave **NOT**
required.
Commands can issue
no-cost TAD orders as
this is official training

For more information and registration visit:
<https://credo-japan.trumba.com>



JOIN CUB SCOUTS & PARENT INFO NIGHT

Calling all young adventurers and their families! Ready for a journey of fun, learning, and friendship? Cub Scouts offers an exciting program for boys and girls in K-5, fostering character, citizenship, and fitness. Join us to explore Cub Scouting! Meet our Den Leaders, enjoy fun activities, and learn about the program.

Parents of current Scouts, don't miss important updates just for you!

Parents of current Scouts, don't miss important updates just for you!



NEX ANCHOREATS



<https://nexcomanchoreats.com>



- ❖ Pier 7 Bayside Pizza Hut @ #A920
- ❖ Main Street Food Court @ #G59

Delivery or Order Pick up \$15 Minimum Order



CPO Night

**WE WILL BE
CLOSING
EARLY**

September 5th, at 16:00

**Thank you for your understanding
and Congratulations to this years
CPO Selectees**



CPO CLUB



Daily lunch buffet includes two main entrées, soup, salad, dessert, coffee, tea or lemonade. On Thursdays, we feature everyone's favorite pasta station, two kinds of soup, salad bar and a dessert bar. Check out our CPO Healthy à la carte Menu as well.

Adults **\$12.95** / Children (ages 6-11) **\$7**



Shrimp & Vegetable Tempura - *exchange 1 shrimp*
Lightly battered, deep-fried shrimp paired with an assortment of crispy seasonal vegetables. This dish offers a delicate crunch and a savory, airy texture. Served with traditional dipping sauce. **\$12**



Juicy hickory smoked prime rib seasoned to perfection, cooked to your liking and served with hearty vegetables, soup, salad, baked potato and dessert. **\$19**



Treat yourself to a Mongolian BBQ with a wide selection of meats, fresh vegetables and variety of sauces. Meal served with soup, steamed rice, pancit, and garlic rice.
85¢/oz



Juicy and tender, melt in your mouth brisket slow cooked and smoked to perfection with our blend of spices. Served with pulled pork, white bread, and your choice of side.
\$12.50



Thinly sliced roast beef piled high on a soft roll and served with a savory au jus for dipping, and your choice of side. **\$12**



Saturday Brunch • 9 a.m. - 2 p.m.
An all-you-can-eat buffet that includes a breakfast section, special carving stations and Japanese food station. Reservations not required but highly recommended.



A quintessential staple of New York City street vendors! Well-seasoned and slightly charred chicken served on top of yellow rice with lettuce, tomato and onion topped with house sauces. (Regular or spicy) **\$12**



Saturdays, Sundays & Holidays • Closed
Stop by and experience our world-famous breakfast menu, only here at Cruise Inn!



The only full-service standing Chiefs' Club in the world is right here in Yokosuka! Relieve some of that work stress as you socialize with friends and enjoy complimentary finger food every Friday from 5 - 7 p.m. Authorized patrons only.

For details call 046-816-5506. Bon Appétit!

Drink responsibly. Do not Drink and Drive.



September 6, 13 & 20 • 4:30 - 10 p.m. Admiralty Room (2F)
Doors open at 4:30 p.m. • Games start at 6 p.m.

Game packages are \$30 and includes special game. Additional packages are available for purchase. Must be 18 years or older to enter. Seating is on a first come, first served basis and cannot be reserved. Food and drinks will be available for purchase.

KUROFUNE LOUNGE

Monday - Thursday • 4 - 11 p.m. | Friday & Saturday • 4 p.m. - Midnight | Sunday • 2 - 8 p.m.
Closed on Holidays

Join us for free pool, a bar menu, and a variety of specialty cocktails, wines, and brews.
 Now featuring Coronado Beer® from the Coronado Brewing Company.

*The Department of the Navy does not endorse any company, sponsor or their products or services. Drink responsibly. Do not Drink and Drive.



T Mobile

2025

GREAT NAVY CAMPOUT

Discover Your Adventure

SEPTEMBER 13 - 14
Ikego Campgrounds

Activities 4 - 10 p.m. • Campground checkout - September 14 @ 10 a.m.

Pack your tents and bring the whole crew—Ikego Campgrounds is turning into the ultimate FREE family camping adventure! Enjoy a night under the stars with fun crafts, a blazing campfire, free food/s'mores*, and an outdoor showing of the movie **Ghostbusters!** With \$1 gear rentals*, it's the perfect way to unplug, enjoy the season, make memories, and connect with the Yokosuka and Ikego communities!
 (*while supplies last)

Register at the Outdoor Rec Center August 1 - September 10.
For details call 046-816-5732.



No Navy endorsement implied.



BOWLING Center

Midway Grill

Pizza of the Month: Four Cheese Pizza
 Four distinct cheese flavors blended together on this delicious pizza! Whole Pizza \$15.95 / Individual Pizza \$5.95

Youth Doubles Bowling League

Tuesdays • 3 - 5 p.m.
 Season - September 9 - November 18
 Featuring two separate divisions: K - 5th grade / 6th - 12th grade. League fee: \$50 / child (rental shoes included).

NFL Bowling Singles League

Thursdays Beginning September 11 • 5:30 p.m.
 League runs the duration of the NFL season. \$15 / night

MGIF (Midway Grill It's Friday)

Fridays • 4 - 8 p.m.
 Cheers to the weekend! Pay for one hour of bowling and get an additional hour free, plus half price appetizers!

Labor Day Weekend Special

August 30 - September 1 • All Day
 Bowl a strike with a red head pin and win a free game coupon!

National Cheese Pizza Day

September 5
 Celebrate National Cheese Pizza Day with the Yokosuka Bowling Center! All weekend long, buy any size cheese pizza and get a second one for half off.

Yokosuka Shootout Scratch Bowling Tournament

September 21 • Noon
 Stop by for a six-game scratch tournament against the top talent in the local community! After six games of qualifying, we'll have a Shootout-style Finals. Women get 10 pins per game handicap. Payout will be 1 in 4.
\$50 entry fee

No Tap Tournament

September 28 • 1 p.m.
 Knock down nine pins on your first ball, and it counts as a strike in this four game tournament! Payout will be 1 in 4.
\$30 / person

For details please call, 046-816-4200.

Drink responsibly. Do not Drink and Drive.



BELLS ACROSS AMERICA FOR FALLEN SERVICE MEMBERS

Tolling in Remembrance of Our Nation's Fallen

Join us as we pay tribute to the brave men and women who died in service to our nation and recognize the sacrifices of those who have been left behind.

September 25 at 10:00 a.m.

Commander Fleet Activities Yokosuka

Kosano Park

Rain Location : C2 Auditorium



Sponsored by



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No Navy endorsement implied.



BEYOND THE GATE

Kamoi Port Fireworks Sept. 6 (Saturday)

3 to 8 p.m. (Fireworks start from 6:30 p.m.) | In the vicinity of Kamoi Port (1-minute walk from Keikyu Bus Kamoi Bus Stop)

There will be food trucks and stalls, 1,000 shots of fireworks.

Icha-icha Okinawan Festival Sept. 6 (Saturday) and 7 (Sunday)

10 a.m. to 8 p.m. (Saturday), 10 a.m. to 6 p.m. (Sunday) | Yokosuka City Hall Park, Lidre Yokosuka (10 a.m. to 4 p.m.), Ichigo Port Market (10 a.m. to 6 p.m.), Yokosuka Chuo Station Y-Deck (10 a.m. to 2 p.m.) (10-minute walk from Womble Gate)

Yokosuka will be filled with the delicious smells of the food of Japan's southern islands! Okinawan pop and rock bands as well as Eisa dancers perform for the crowd. The event is free but bring yen for food vendors.



Kaminarimon Bon Odori Sept. 5 (Friday) and 6 (Saturday)

5:30, 6:30 and 7:30 p.m. | Asakusa Namiki Street; In front of Kaminarimon (Right outside of Tokyo Metro, G-19 or Toei Asakusa Station, A-18)

What makes this Bon Odori (dance) different is that it will be held right in front of the iconic Kaminarimon which is leading up to Sensoji Temple.



Vietnam Festa in Kanagawa Sept. 13 (Saturday) and 14 (Sunday)

10 a.m. to 6 p.m. | Nihon Odori, Kanagawa Prefectural Government Building, Zou-no-Hana Park, Zou-no-Hana Terrace (12-minute walk from JR Kannai Station, JK-10)

Vietnam Festa is a festival to deepen relationships between Kanagawa Prefecture and Vietnam. Come feel the culture and the charm of Vietnam. The program features a range of activities, including Vietnamese music, dances and cooking..



Tokyo Game Show 2025 Sept. 27 (Saturday) and 28 (Sunday)

9:30 a.m. to 5 p.m. (Sept. 27)/9:30 a.m. to 4:30 p.m. (Sept. 28) | Makuhari Messe (10-minute walk from JR Keiyo Line Kaihin Makuhari Station, JE-14)

More than 300 exhibitors from almost 40 countries and regions gather for this annual gaming convention. Japanese game makers make up a significant number of those present, but many other international developers also join to exhibit the latest technology in areas ranging from artificial intelligence to smartphone gaming. Free admission for elementary school students and younger. <https://tgs.cesa.or.jp/jp/ticket?public>

NEWS AND NOTICES

MOTORCYCLE SAFETY CLASSES: ENROLLMENT CHANGES

Starting Oct. 1, the Navy Safety Command has directed that all motorcycle training be advertised in the new safety program of record, Risk Management Information (RMI). To sign up for Motorcycle Safety Classes, you have to have an RMI account assigned by your command. For SOFA sponsored APF, NAF civilians and contractors that have a CAC, RMI accounts will be approved by the SOFA sponsoring unit. Dependents without a CAC must be enrolled by the sponsoring unit. For more information, contact your Departmental Safety Representative or your command Collateral Duty Safety Officer.

USNH YOKOSUKA PATIENT FAMILY PARTNERSHIP COUNCIL

Want to effect change and be a part of healthcare solutions that affect our Sailors and their families? Join the Patient and Family Partnership Council at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY. Join us at the upcoming meetings.

- Sept. 9 from 11:45 a.m. to 12:45 p.m. at USNH Yokosuka 3rd floor Command Auditorium.
- Oct. 7 from 4 to 5 p.m. at CRC, 4th floor, AOB Auditorium
- Nov. 4 from 9 to 10 a.m. at CRC, 4th floor, AOB Auditorium
- Dec. 9 from 11:45 a.m. to 12:45 p.m. at USNH Yokosuka, 3rd floor, Command Auditorium

To learn more, email: dha.yokosuka.Yokosuka-NH.list.pfpc@thehealth.mil, visit <https://yokosuka.tricare.mil/Patient-Resources/Patient-and-Family-Partnership-Council>

WOMAN'S HEALTH DAY

The USNH Yokosuka OB/GYN Clinic is hosting a walk-in Women's Health Day Clinic on Sept. 30. No appointment needed!

Time: 8 to 11 a.m./1 to 3 p.m.

Location: USNH Yokosuka OB/GYN Clinic
We're offering:

- Full contraception services (IUD/Nexplanon placement/removal, OCPs, Depo shots)
- PAP Smears
- STI Screenings
- HPV Vaccines
- Open to all TRICARE beneficiaries and Space A

personnel.

FLU SHOT SEASON IS ALMOST HERE

U.S. Naval Hospital Yokosuka is holding mass influenza vaccination events this fall. Protect yourself, your family, and your shipmates – mark your calendar now!

Ikego Housing Area

- Oct. 17, 2:15 to 6 p.m. | Ikego Elementary School
- Oct. 18, 9 a.m. to 1 p.m. | Ikego Elementary School

Main Base

- Oct. 23, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Oct. 24, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Oct. 25, 9 a.m. to 1 p.m. | Fleet Rec Gym
 - Nov. 13, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Nov. 14, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Nov. 15, 9 a.m. to 1 p.m. | Fleet Rec Gym
- Open to all TRICARE Beneficiaries and Space A personnel.

ANIMAL VISITATION PROGRAM

If you have a dog, Red Cross Yokosuka needs you! For program requirements and questions, email jacee.maldonado@redcross.org or yokosuka@redcross.org. All participating dogs must successfully complete the AKC Canine Good Citizen Evaluation.

VOLUNTEER WITH US

Use the Yokosuka FPO zip code 96349.

- Military Treatment Facility
 - Disaster Team
 - Special Events
 - Office Support
 - Youth Preparedness
 - Youth clubs
- Email: yokosuka@redcross.org

LOOKING FOR GIRL SCOUT VOLUNTEERS

Make new friends, have fun, and make a difference at Yokosuka! Email: amiller@girlscouts.org.

CONSTRUCTION AND CLOSURES

Yokosuka: Carney Gate closure. Due to monthly maintenance, all vehicular traffic at Carney Gate will be secured from 9 a.m. to 3 p.m. on Sept. 6. Pedestrian traffic will not be affected.

- Nimitz Boulevard partial closure until Sept. 7. Closure will only occur from 8 a.m. to 5 p.m. on

the weekends only.

- JM22 South Side partial closure from 9 a.m. to 12 p.m. on Sept. 12. Pedestrians and Vehicles to be routed around work area. Posted security personnel and safety observers.
- Howard Street and Nimitz Boulevard partial closure until Sept. 28. Closures will only be on the weekends. Two way traffic will be maintained. Flagmen will be posted around work areas.
- Vacant Lot full closure until Dec. 30. The vacant lot between the Post Office and NMCRS Thrift Shop will be used as a laydown area for contractors doing various work around base.
- C Street full closure until Sept. 25. The Yokopon bus will be re-routed down Leahy street, stops will remain the same. Pedestrian routes will be open on either side of the project.
- Gridley Tunnel closure. First closure (until February 2026) is for temporary high voltage power bypass. Second closure is for permanent high voltage power repairs. The second closure (from Feb. 1, 2026 to July 31, 2028) is only for vehicular traffic. Tunnel will be open for pedestrian and bicycle traffic.
- Carney Gate water line replacement. Construction period until Nov. 26. Expect detours and periodic closures for waterline replacement construction. Two-way traffic to be maintained. Most of the work will occur overnight.
- Nimitz Boulevard and Gridley Lane partial road closure. Closure period from Sept. 20 to Nov. 26, 8 p.m. to 5 a.m. Two-way traffic will be maintained with flagmen.
- Vandegrift Lane full road closure until October.
- The parking lot immediately in front of ATG is secured through 2027 in support of the NSST Shiphandler Trainer construction. Additionally, half of the 12-hour parking lot is also secured to support NSST construction material laydown and management.
- **Ikego:** Yasakayato Street will be partially closed from 8 a.m. to 4:30 p.m. until Dec. 25. Installation of communication and electrical lines. Connect water main to new Child and Youth programs building. Flagmen will be posted on both sides to allow two-way traffic.
- Ikego CDC parking lot partial closure until Sept. 30. 14 additional parking spots and Five parallel spots will be closed for the new CDC construction area.

 Commander Fleet Activities Yokosuka

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